

Title

**THE WAY
OF
PEACE AND BLESSEDNESS**

**By
Swami Paramananda**

Bird Publisher, 2014

Dedication

*Thus little book is humbly and gratefully dedicated to the sacred and loving memory of
Swami Ranakrishnananda.*

About this eBook

“The Way of Peace and Blessedness” by Swami Paramananda

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The Way of Peace and Blessedness

Preface

Like "The Path of Devotion" by the same author, the present volume is made up in chief measure of extracts from letters; hence the living, personal note that sounds through its pages. According to Vedanta, religion is always an individual problem and the truest — method of transmitting it the individual method. It must be a direct call from the wise and loving heart of the Teacher to the questioning heart of the disciple, the immediate quickening of the letter by the spirit. The great Vedic Scriptures are nothing more: a mighty Seer of Truth sitting in the shaded seclusion of an Himalayan forest, passing on to some eager, inquiring student the fruits of his realization. And wherever this note is heard, whether in the eternal word of a Scripture or in the admonitions of a simple letter, it cannot fail to stir to new life the spiritual consciousness.

The Way of Peace and Blessedness must ever be the way of consecrated service to a lofty Ideal, through unwavering trust, purity of heart and steadfast devotion. To follow it, one must rouse the soul from its slumber of ignorance or indifference and make it feel the reality of God and the spiritual life; one must learn how to worship Truth and gain the Divine vision, how to love and work unselfishly and prayerfully. These are the lessons taught in these pages, lessons too potent and precious to be kept for one only; so they have been gathered up into this little book, which is now sent forth with its holy message in the earnest hope that through it many may find peace and blessing.

Devemata

Boston, June 19, 1913

Prayer

O Infinite Being! O Supreme Lord!

Teach us how to pray and how to meditate.

Make our thoughts so one-pointed, deep and unwavering that they may penetrate the inner depths of our being and perceive Thee.

Lift our mind to that plane where there is no heaviness, where there is no darkness, but only illumination and bliss.

Lead us from delusion to the Light of Wisdom.

Grant that we may feel Thy Divine Presence within us;

That our soul may awaken from the sense-slumber of unreality and be ready to hear Thy call;

That our heart may be full of tolerance and compassion;

That peace and tranquillity may pervade our whole being.

May Thy peace and blessing abide with us and protect us from all unworthy thoughts and actions.

Peace! Peace! Peace be upon all living beings.

I Worship of Truth

The True prevails, not the untrue, by the True the path is laid out, the way of the Bright Ones, on which the old sages, satisfied in their desires, proceed to where there is the highest Place of the True One.

That (the Absolute Truth) shines forth grand, divine, inconceivable. It is hidden in the cave (of the heart) among those who see It even here.

Mundaka-Upanishad

The Truth is living power for Good, indestructible and invincible. Those who fail to aspire for the Truth have missed the purpose of life. Hold fast to the Truth as a lamp. See salvation alone in Truth. Where self is, Truth cannot be; yet when Truth comes, self will disappear. Therefore let thy mind rest in the Truth, propagate the Truth, put thy whole will in it and let it spread. In the Truth thou shalt live forever. Self is death and Truth is life. Trust in the Truth. Have faith in the Truth and live it.

Buddha

That Brahman (Absolute Truth) is bliss itself; on attaining this, the soul feels happy.

Taittiriya-Upanishad

Prayer

*Through the blessings of the Supreme,
may our life be fruitful.*

May we be strong and steady.

May our devotion to Truth be unflinching.

May our mind be free from untruth.

May we ever contemplate the Truth.

May our whole life be for the realization of Truth.

May all deluding things drop from our hearts.

*May our love of God be over and above all other love.
May our intelligence be so discriminative that
nothing may ever delude or deceive us and
may we always remain true to God.
May we serve God alone with our whole heart and soul.
May we recognize Him as our only Master May we worship Him,
and not the things which lead to darkness.
May He protect us, for there is none but He who can protect us.
May He grant unto us His peace and blessings.
Peace! Peace! Peace!*

Truth alone remains. Truth alone conquers. Those who worship the Truth, to them alone comes bliss, not to others. Let us make Truth the foundation of our life. Let us strive to know the Truth. Let all our inspiration come from Truth; and may we surrender to Truth alone, never to untruth. May everything inspire us to acquire Truth. Let nothing discourage us. Let all our life be sanctified by our devotion to Truth.

Truth alone can bring ultimate satisfaction to our souls. They who stand by the Truth, even at the cost of discomfort and sacrifice to their physical nature, they only are true worshippers of God. They alone attain Truth.

Not a particle of Truth can ever be lost. Not a single effort to realize the Truth can ever be unfruitful. The only thing required of us is to have patience, perseverance and unshaken trust in the Divine. What else is needed? Life should be lived just for the sake of Truth; I mean, for expansion, for vision of It, but never for the opinion of any creature, rich or poor, learned or ignorant. Truth makes one bold. When we do not know, we doubt, we hesitate, we lack conviction in our words and actions. But not he who knows. His only thought, his only aim is to give the Truth and to live the Truth. That is the reason why the sages spoke so boldly. Worship of Truth always brings strength of conviction and absolute fearlessness.

When one worships Truth, there is no more darkness, no more limitation. But we must go step by step. We cannot behold the glory, we cannot get the vision, until we have unfolded. What we need is stability, firmness and loyalty, — loyalty to ourselves. When we are true to ourself, then we are true to our Ideal, true to life, true to everything.

* * *

Blessed are those who can serve and worship Truth with sincerity and unselfishness. The Divine Mother will always protect them. Why should She not? You know the Lord says in the Gita: "Those who worship me with one-pointed love and with no other thought, I take care of them." Even He looks after their material needs. These things are real and true, and you will realize them more and more as you live the life.

Have faith like a little child, then you will attain the Truth. It is not through reasoning but through faith that we reach It. Little children believe what their parents say unquestioningly; and except we become as little children, we cannot enter the kingdom of heaven or the kingdom of Truth. Then, too,

children run at once to the mother when in danger and do not try to do for themselves, and so must it be with the devotee. Simplicity is the foundation of all religion. When a man becomes grown-up, he sees wickedness; but the little child has no idea of evil. When we grow up, we take the world into our system. We have to give that up and regain our child-like simplicity. Then we enter the kingdom of God.

What makes us wicked? When we forget the Lord and think we are the body. But when we forget our bodily limitations and worship the Lord truly, then quickly we become righteous. — This is the only way to liberation, — to forget our limitations and think of Him only. By thus thinking constantly of Him, every act becomes an act of worship. Mind is like the sky, desires are like clouds, and when they rise over the sky, they hide the sun of wisdom. To keep them from rising, we must hold our mind on Him; then it will be free from all unworthy desire. The more we can hold our Ideal in the heart, the stronger we become. When we can place and keep the Ideal on the altar of our heart, then we shall always live in peace. So we need sincerity, determination and constant thought of the Ideal, if we wish to reach the goal.

* * *

Religion means going steadily forward without heed to success or failure. We must have simple, child-like faith and a pure heart. Nothing else is necessary. We must always have the Ideal in our mind and we must not get discouraged. Until we have tried, how do we know that we shall not succeed? Going here and there merely to satisfy our curiosity means restlessness and weakness. We must try to be poised, calm, quiet.

Sometimes we grow discouraged and feel inclined to say that there is no God. But have we ever really tried to see Him? Have we even sincerely longed to see Him? If we earnestly try and still do not get a glimpse of Him, then I we can say that He does not exist. We must experience these things for ourselves. Our onward journey depends entirely on our own efforts, and it becomes much easier when we create the right atmosphere. By meditation we can create this atmosphere. Most people do not really want Truth, so they say that they have no time for spiritual practice. They have time for idle gossip, for pleasure, for worldly occupation; but they cannot give even five minutes to God. In this way they deceive themselves and try to deceive God. But those who have a genuine desire for Truth, who have real spiritual hunger, they find time. When you have once tasted the bliss that spiritual thought brings, you cannot give it up. A little nibbling, however, is not enough to satisfy the hunger of the soul. To realize the Truth one must have singleness of purpose and whole-hearted devotion. Direct perception comes only to a mind which is steady. As long as the mind flickers, it will not come. There may be glimpses of Truth, but the vision does not remain. Hence it is said, the Truth is not attained until we have conquered our lower nature. Self-mastery and determination are absolutely essential. Firmness is the source of all victory, of all achievement. Strength means happiness, strength means peace. True happiness dawns in our hearts only when we feel ourselves strong. Unhappiness always means weakness, whether we know it or not.

* * *

Truth is ever present as the heart, but only a few possess the purity and perseverance necessary to perceive It. Hence it is said that many are called but few are chosen. "Among thousands of human